



Effective: Jul 1, 2016

TURKEY HAM & CHEESE WRAPPED IN A TORTILLA
DELI STICK (C63019)

Ingredient Statement: Smoked Turkey Ham (turkey thigh meat, water, contains 2% or less sugar, salt, sodium phosphate, lite salt [potassium chloride, sodium chloride], carrageenan, sodium erythorbate, natural smoke flavoring, sodium nitrite); Whole Grain Tortilla (whole grain wheat flour, bleached enriched flour [wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid], water, palm oil, contains 2% or less of the following: leavening [sodium bicarbonate, sodium acid pyrophosphate, sodium aluminum sulfate], salt, sugar, calcium propionate, potassium sorbate, mono and di-glycerides, fumaric acid, yeast, enzymes, l-cysteine); Cheddar Cheese (cultured pasteurized milk, salt, cheese color, enzymes).

Contains: Milk and Wheat

Nutrition Facts		
Serving Size 4.65 ounces (132g)		
Servings Per Container 50		
Amount Per Serving		
Calories 270	Calories from Fat 110	
	% Daily Value*	
Total Fat 12g		18%
Saturated Fat 7g		33%
Trans Fat 0g		
Cholesterol 60mg		20%
Sodium 630mg		26%
Total Carbohydrate 24g		8%
Dietary Fiber 2g		9%
Sugars 2g		
Protein 18g		
Vitamin A 6%	•	Vitamin C 4%
Calcium 25%	•	Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:		
	Calories:	2,000 2,500
Total Fat	Less than	65g 80g
Saturated Fat	Less than	20g 25g
Cholesterol	Less than	300mg 300mg
Sodium	Less than	2,400mg 2,400mg
Total Carbohydrate		300g 375g
Dietary Fiber		25g 30g
Calories per gram:		
	Fat 9	• Carbohydrate 4 • Protein 4

5151 Alcoa Avenue, Vernon CA 90058
Telephone: (323) 826-2144 Facsimile: (323) 826-2150
www.Roseandshore.com

	<u>Amount Per 100g</u>	<u>Amount Per Serving</u>
Calories	208.26	274.54
Calories from Fat	80.55	106.19
Calories from Saturated Fat	45.23	59.63
Protein	13.50 g	17.80 g
Carbohydrates	18.51 g	24.41 g
Dietary Fiber	1.76 g	2.32 g
Sugar - Total	1.58 g	2.09 g
Fat - Total	8.95 g	11.80 g
Saturated Fat	5.03 g	6.63 g
Trans Fatty Acids	0.01 g	0.02 g
Cholesterol	45.87 mg	60.46 mg
Vitamin A	199.63 IU	263.16 IU
Thiamin - B1	0.25 mg	0.33 mg
Riboflavin - B2	0.26 mg	0.35 mg
Niacin - B3	3.34 mg	4.41 mg
Vitamin C	1.67 mg	2.20 mg
Vitamin E Alpha-Tocopherol	0.31 mg	0.41 mg
Calcium	188.20 mg	248.10 mg
Iron	1.74 mg	2.29 mg
Magnesium	31.04 mg	40.92 mg
Phosphorus	266.76 mg	351.66 mg
Potassium	186.98 mg	246.48 mg
Sodium	477.37 mg	629.30 mg
Zinc	1.92 mg	2.53 mg